



Make a difference

Sponsor Home Delivered Meals

Home Delivered Meals helps local seniors receive a nutritious meal daily. Many senior adults are at risk of poor nutrition because:

- * They eat fewer than two meals a day and skip breakfast.
- * They eat few fruits and vegetables.
- * They lack money to purchase food.
- * They have appetite-changing health prob-

**You can help sponsor
Home Delivered Meals.**

**Sponsor one meal a day
for one week for \$21.**

**Sponsor one meal a day
for one month for \$92.**

**Make your check payable to:
Catawba County Social Services.**

**Mail your donation to:
Catawba County Social Services
Attn: Jan Shaffer
P.O. Box 669
Newton, NC 28658**

**END SENIOR
HUNGER BY
2020**



Home Delivered Meals
is a part of
Catawba County
Social Services
Nutrition Program.

**For more in
formation,
call: 828-695-5617.**